



The LX System

SPEED PROFILE

Personality Profile Based on LX's Speed Survey

Note: For your privacy protection, all personally identifiable information has been removed from this profile.

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www.lx-ai.com



LX



INTRODUCTION

You have done the LX Speed Survey, maybe because you are interested in learning a bit about yourself, maybe because some difficult questions have come up for you recently and you are seeking some answers, or maybe because you were bored and came across this quick and (hopefully) fun distraction.

Whatever your reason might have been, here is your 40+ page summary of your personality and more. The intention behind this profile is to give you something to think about when you reflect on what makes you unique, what you are good at (or not so much), where in life you are headed, what makes life difficult sometimes, etc. In short, I want to give you some thought-starters as you work out how to become your best self and live your best life. Only you know the answers to these questions, but I will give you a place to start.

As you read this unique profile, you will see things that aren't new, things that are surprising, and some things you may disagree with. I suggest asking someone you trust to give their opinion on those ideas and observations about you.

I hope I get most things right, but remember, I only asked a small set of questions so there is a good chance that I will get it wrong in some places. If that's the case, I would encourage you to give the LX Speed Survey another go when you are in a different mood or when you are open to look at things through a personal / professional lens (whichever you didn't choose for the first time). And don't forget to use a different email address. Lastly, if you are as complex as I am, you might want to try the full LX AI Survey as that is where the power of the LX System truly comes to life (www.LX-AI.com).

The LX System and associated unique profiles (and books) were created to help everyone become their best self. It all starts with self-awareness, which is something that in the modern world everyone should be able to access easily, quickly and freely.

Be your best.

LX

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Part 1

KNOWING YOURSELF

It is not as much about who you used to be, as it is about who you choose to be.



YOUR PERSONALITY (continued)

Part 1: KNOWING YOURSELF

When you are your best self, you have a profound understanding of human nature. Not only do you want to understand people but you also want to help enhance the quality of their lives. This is why, when you consider a decision, one of the most important things for you is to know how people will be impacted. You are driven by your morals and values, and there is nothing you would do or accept that could violate these values. At your best, you are true to yourself and trust your intuition about people and also about what is right and what is wrong.

YOUR CHARACTER

- Able to achieve a lot and come up with ideas and suggestions that most people can't.
- Like to play with the seemingly unrelated things and to consider the links and purpose in the connectedness of everything.
- Genuine in the way you care for others, which is why people respect you.
- Have such a keen awareness of other people's feelings that it can seem you're aware of their feelings before even they are!
- Warm and amicable, someone who finds pleasure in making others feel at ease.
- Possess a strong sense of determination that drives you to complete your projects with the desired outcomes.

YOUR INTERACTIONS WITH OTHERS

- Often closed off and don't let others in easily to get to know you.
- Believe in and value your own reflections and observations about other people.
- An intricate and deep person and because of this, you are open to others' complexities.
- Seem deeply seated in inner recesses unknown to others, so they assume you don't value relationships when in fact you cherish trusted deep connections.
- Adverse to any form of conflict, choosing not to participate.
- Will walk away from projects that don't resonate with your authenticity even if you value working together.



YOUR MINDSET

Part 1: KNOWING YOURSELF

What makes you feel great about yourself is being able to show compassion for others. It's one thing to relate to people, in general, but that isn't enough for you. In order to feel good about yourself, you need to know that you have had a positive impact on somebody. You have a tremendous gift for empathy and feel a great responsibility to use it in serving others; that often takes the form of devotion to various causes. There is exceptional fulfillment for you in following your values; displaying and sharing them among kindred spirits boosts your perception of yourself.

YOUR MOTIVATIONS

- Are keen to express your personality through your hobbies and passions.
- Always try to act according to your set of inner values and beliefs.
- Believe that you have a moral duty to help people so they can grow and show their true potential.
- May feel disheartened by the sad reality sometimes; yet, you act kind-heartedly and positively.
- Tend to think about personal problems thoroughly to make sure you fully understand what is going on.
- Find your motivation within yourself and in your beliefs which drive you to make the world and other people better.

YOUR VISION & VALUES

- Vision -- Creating a lasting positive impact in the world and people around you
- Value -- Loyalty and commitment
- Goal -- An inspiration to others
- Thrive -- Realizing your dreams and vision
- Energized -- Feeling appreciated
- Fear -- Failing at inspiring others

YOUR MINDSET & METHODS

- Approach -- Caring and gentle towards others
- Principle -- Inspiring and tireless idealist
- Insight -- Others' feelings and needs
- Skill -- Quiet and dedicated listener
- Connect -- Having meaningful connections
- Tension -- Strong but fragile



YOUR STRENGTHS & WEAKNESSES

Part 1: KNOWING YOURSELF

Knowing your strengths allows you to double down on what you are already good at so that you can become great and eventually excellent at them. Investing time and effort in mastering your strengths seems to be a better investment long-term than getting too hung up on any real or perceived weaknesses.

YOUR PERSONAL STRENGTHS

Strengths are the things you are naturally good at and feel energized by. As a result, you use them over and over again and you become even better at them over time.

- ★ Dedicated -- To relationships and meaningful causes
- ★ Individualistic -- Rather than leading or following
- ★ Nurturing -- Devoted to those you care about
- ★ Organized -- In your life and your work
- ★ Creative -- Can even be artistic
- ★ Caring -- You genuinely care about others and might put your needs before your own
- ★ Value deep relationships -- Connection is precious
- ★ Reserved and private -- Opening up is not easy

YOUR POSSIBLE BLINDSPOTS

Weaknesses are the things you find difficult, draining and feel less comfortable with. They are only limiting weaknesses if they prevent you from becoming your best self.

- ❖ Maintaining distance -- Too much privacy can create challenges in your life
- ❖ Being taken advantage of -- When you are generous and giving
- ❖ Holding back -- Becoming withdrawn and hard to read or approach
- ❖ Becoming rigid in your values -- Believing that only you know what is right or wrong



YOUR BEST-SELF

Part 1: KNOWING YOURSELF

When you are your best self, you make people feel heard and understood in ways that not many people are able to achieve. You can often read people even when they are oblivious to their own feelings. This is a superpower of yours that people around you appreciate a lot. You can put your empathy and intuition to good use when you help others grow and create a better life for themselves. Your insights can be eye-opening to many and your supportive and caring nature is sometimes all people need in order to take some important steps in their lives. At your best you are:

- ★ Creative and original in your thinking, combined with a strong intuition about the future.
- ★ Willing to give your time, effort, intellect and full attention to social causes that you strongly believe in.
- ★ Driven to help others achieve their dreams using your creative and original way of thinking.
- ★ Naturally confident and encouraging and like to help others realize their ambitions.
- ★ Someone who needs solitary time to recharge as you are often consumed by others' needs and priorities.

WHAT MAKES YOU AWESOME

Potential strengths for developing your MISSION using your personalized 'Book of You'

- ★ Kind and caring -- You always have a good word for others
- ★ Rich inner life -- Filled with ideas, dreams and feelings
- ★ Deep -- Thinking about the meaning of life is fun and enjoyable for you
- ★ Systematic -- You find the best way to get things done
- ★ Great listener -- You make others feel heard and understood with ease



GENERAL THOUGHT-STARTERS

Part 1: KNOWING YOURSELF

As you read this profile, there will certainly be many things that you will reflect on, come back to or take away as something to work on. This page is here to help with a summary of the key insights and tips that you might find useful. Remember, being your best self starts with self-awareness.

1. Give yourself time and space to reflect on what you read in this profile, especially the sections that you find particularly interesting or triggering.
2. Talk to someone whom you trust, someone who knows you well. Share what you find to be true or untrue in this profile, and ask what they think.
3. Start to practice awareness in your day-to-day using journals or other tools. Find what works for you and use it for a couple of weeks to become more self-aware.
4. Decide which area(s) of your life need your attention the most in order to become your best self. Think about what strengths you want to use more, what blindspots to work on, what opportunities to explore.
5. Take it to the next level by designing your 'Life Plan' and your 'Mission'. Use the LX books or any other resources to help you with that. Remember, information is only as good as what you do with it.

POTENTIAL DEVELOPMENT IDEAS FOR YOU

- Share your ideas more -- You have a lot to offer to the world.
- Sometimes let go of control -- Let things unfold.
- Separate your identity from your ideas -- Others' rejection of your thoughts is not a rejection of you.
- Beware of overthinking and analyzing things -- Move on and live life.
- Notice the value in things without trying to change them -- Imperfections can be beautiful.
- It is O.K. to put yourself first -- It enables you to be your best for others.



Part 2

LIVING YOUR LIFE

Happiness is not something ready-made, it comes from your actions.



THE CIRCLE OF LIFE

Part 2: LIVING YOUR LIFE

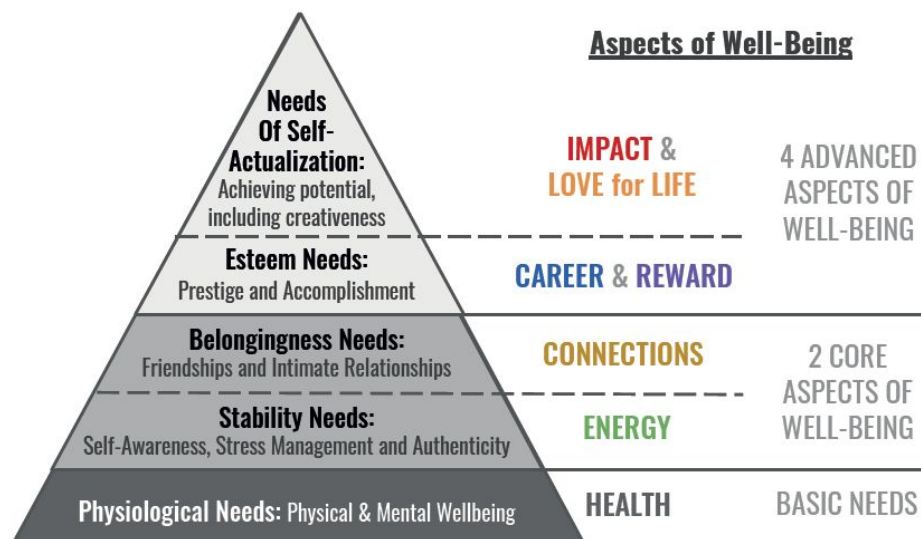
You are most likely familiar with Maslow's pyramid. The beauty of it is its simplicity; the way it highlights what fundamental needs people have and how they naturally move towards the top of the pyramid as their needs are getting met.

In the LX System, the idea of becoming your best self is based on a similar approach. It is important to look at life holistically; to be aware of and understand the key aspects of life that impact how happy, energized and fulfilled you feel day-to-day. These aspects of life are: Impact, Love for Life, Career, Reward, Connections, and Energy. It is easy to see how they align to Maslow's hierarchy of needs.

Two of them could be categorized as the 'core' aspects of life, meaning that these two aspects deserve special attention. Self-actualization becomes rather stressful and challenging if you don't have your Energy and Connections in a good place. That is the reason why in this report, these two aspects of life will be briefly covered.

Then, the four 'advanced' aspects of life are the esteem and self-actualization aspects. These are particularly relevant for anyone trying to find their purpose in life whether that is related to their career (if they have one) or not.

MASLOW'S PYRAMID & LX ASPECTS OF WELL-BEING





YOUR STRESS BEHAVIOR

Part 2: LIVING YOUR LIFE

Being your best self means that you can respond to life's triggers in a healthy way and successfully manage your stressful days. Knowing what triggers you and recognizing when you are stressed are the very first steps. Then, responding rather than reacting to these triggers is where the real work is at.

YOUR SPECIFIC STRESS TRIGGERS

PERSONAL Stressors:

- Lack of closure or not being decisive
- Loudness
- Violation of your deeply held values
- Overwhelming amounts of details
- Following specific processes

INTERPERSONAL Stressors:

- Receiving feedback
- Having feelings dismissed
- Being spoken to in harsh or critical manner
- Lazy or ignorant individuals
- Receiving excessive criticism

YOUR SPECIFIC STRESS RESPONSES

When SLIGHTLY STRESSED, TIRED or FRUSTRATED:

- Becoming impractical about how to solve challenges in your life
- Losing track of the big picture and getting stuck on details
- Losing perspective about your present and future
- Becoming overly critical and impatient with others
- Taking things personally that weren't meant in a critical way

When EXTREMELY STRESSED, EXHAUSTED or ANNOYED:

- Feeling emotional and unable to stay objective about your problems
- Escaping from the present and focusing on the future only
- Going against your own deeply-held values for no reason
- Blaming everyone and everything for your problems
- Making up negative stories and insights about your life



STRESS MANAGEMENT THOUGHT-STARTERS

Part 2: LIVING YOUR LIFE

You feel your best when you are hopeful about the future and can envision all the exciting possibilities it holds for you. You seek the deeper meaning behind everything and you love to have real and open conversations with those you trust about the purpose of life. Harmonious and deep relationships are very important to you. When you feel stressed, problems that you would normally find exciting and pleasantly challenging become unsolvable. You can easily get hung up and focused on a particular small detail that feels off to you and in doing so, you might lose sight of the bigger picture.

YOUR BEST-SELF

ATTRIBUTES when you are your best-self:

- Leisure time is important to you; you do not obsess about your working visions
- You are objective in decision making and know your physical needs and environment well
- Intuition and feeling are developed in you, so you are learning to value thinking and sensing
- You enjoy different people's opinions and lifestyles; you have a broadminded attitude

ACTIVITIES when you are your best-self:

- Bringing the best out of others
- Making the most of your abilities
- Creating peace and harmony
- Having a deep understanding of others
- Bringing others together in harmony

YOUR STRESS MANAGEMENT SUGGESTIONS

PERSONAL Sources of Calm:

- Focus on simple storytelling
- Shift away from negative thoughts
- Stop thinking 'I should', and start doing
- Recognize your strengths
- Be supportive of yourself

INTERPERSONAL Sources of Support:

- Listen to people to help you get perspective
- Make space by getting some alone time
- Work with somebody on your next opportunity or goal
- Spend time having fun with friends



YOUR NON-ROMANTIC RELATIONSHIPS

Part 2: LIVING YOUR LIFE

When you decide that someone is a real and solid friend, your attitude towards the friendship is nothing but genuine and positive. In every aspect of your life, you are imaginative and understanding and you also apply this to your friendships. It takes some time for you to discover and decide if someone is worthy of your time and effort since you don't partake in any surface-based friendships, but if you find out that they have the same deep insights into life that you do, you are sold. This is the start of a beautiful and mutually caring friendship.

You can pick up on a person's values quickly as you can read people well. Living your life this way may not make you hundreds of friends, but it makes you solid ones that you find fulfilling. You most likely prefer having only a few friends, as long as the friendships are true and you both care about each other intensely.

PEOPLE SEE YOU AS

- Loving and comforting and making others feel at ease around you.
- Observant of others and want to help them reach their potential in life.
- Able to spot flaws in ideas, plans and even people that most other people don't pick up on.
- Good at bringing people together, matching them based on their beliefs and thoughts.
- Careful with who you choose to reveal your most sacred thoughts.

YOU LIKE PEOPLE WHO

- ★ Have good manners
- ★ Handle conflict carefully
- ★ Are clear about hopes and desires for relationships
- ★ Provide reassurance before giving criticism
- ★ Comfort you before giving constructive feedback
- ★ Pay attention to what you say

YOU ARE FRUSTRATED WITH PEOPLE WHO

- Make thoughtless or inconsiderate comments
- Shout or put down others
- Are slow or stubborn
- Do not care about other people's well-being
- Expect you to bend your principles
- Put down other people



YOUR ROMANTIC RELATIONSHIPS

Part 2: LIVING YOUR LIFE

Most likely what you need in a friend is also what you need in a romantic partner and then some. Knowing how you approach relationships, how you show up in them and what your needs are, etc. is important in order to find and deepen your romantic relationship.

YOUR ROMANTIC STYLE

- Tend to be an advocate for self-development among those close to you.
- Value and appreciate having an emotionally close and peaceful relationship.
- Have a passion for personal development, you appreciate your partner's dreams, and you encourage him/her to succeed.
- Are unwavering in your dedication and loyalty as a partner.
- Don't give up on relationships as you believe great relationships grow through time and commitment.

YOUR ROMANTIC NEEDS

- Need a partner to respect your ethical positions and values in life.
- Like life to be on an even keel and try to solve conflict immediately.
- Your partner needs to appreciate your insights and really listen to your views and feelings.
- Like a close and intimate relationship with your partner and to share feelings often.
- Appreciate common values with your partner.

YOUR PARTNERSHIP APPROACH

- ★ Encouraging everyone to be best
- ★ Setting aside time for relationships
- ★ Seeking win-win outcomes
- ★ Helping meet others needs
- ★ Being authentically open

YOUR IDEAL PARTNER

- ★ Puts in the effort to really understand you and trusts that you may know best sometimes.
- ★ Sees the relationship as a lifetime commitment.
- ★ Appreciates your imagination and brilliance.



RELATIONSHIP THOUGHT-STARTERS

Part 2: LIVING YOUR LIFE

Being able to enhance your relationships is something that is most likely worth the effort. Some say that the quality of your life is determined by the quality of your relationships. Being aware of how you might come across to others is the first step in improving your connections. You may irritate other people by...

- ❖ Pushing for unrealistically perfect ideas without consideration of the implications.
- ❖ Getting absorbed in your visionary ideas to the detriment of the current situation and practical needs.
- ❖ Forgetting to attend to some work that is needed.
- ❖ Pushing for unrealistic plans without consideration of the practical requirements to execute these.
- ❖ Putting momentary concerns aside to look for depth and long-term purpose.

RELATIONSHIP THOUGHT-STARTERS FOR YOU

- Stop soaking up negative emotions -- Set boundaries if necessary.
- Use your empathetic side more -- You have a talent for finding solutions that work for everyone.
- It is O.K. not to help everyone -- And to solve all their problems.
- Stand up for yourself if you don't get enough recognition -- No one should take you for granted.
- Become more comfortable with giving others constructive criticism. It is often the best way for people to learn and grow.
- Remove negativity from your life -- People, places, environments.

ACTIONABLE RELATIONSHIP IDEAS FOR YOU

- Spend time with people who share your values; maybe volunteer.
- Appreciate that conflict can help usher in constructive changes.
- Try to give more constructive feedback.
- Writing can be very therapeutic. Give it a go.
- Cultivate insight before pushing your values forward, and consider differing opinions.
- Try to not deprioritize your own needs as much.



Part 3

BUILDING YOUR CAREER

You miss 100% of the shots you don't take.



YOUR PURPOSE & BALANCE

Part 3: BUILDING YOUR CAREER

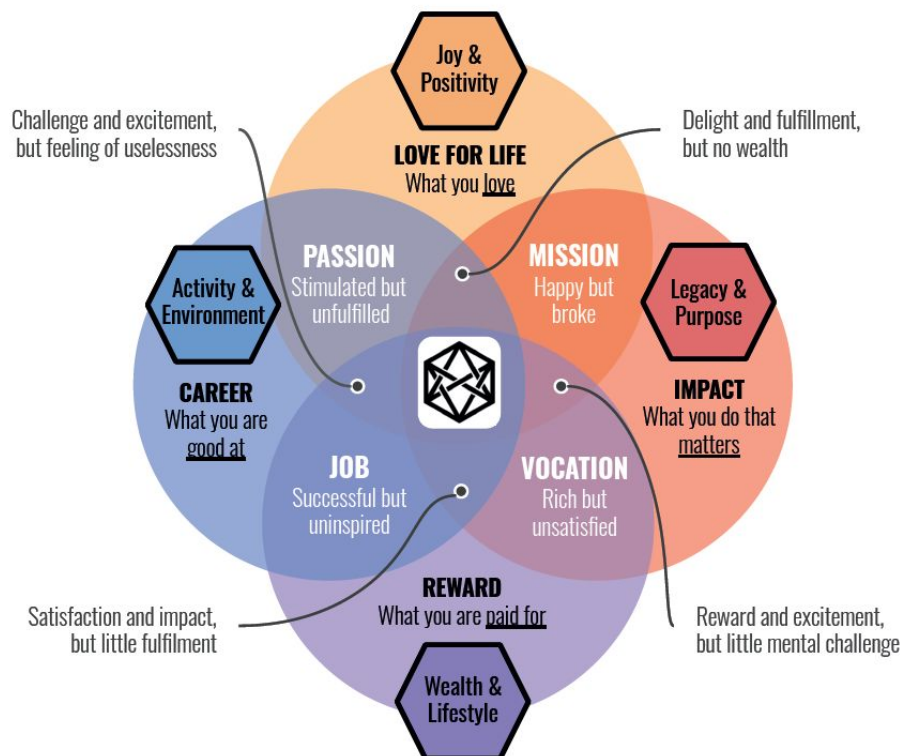
Before diving into your work and career, it is important to put this part of your life into perspective. Most people want to feel that their life is meaningful and that they have a ‘why’ when they get up in the morning. It can be your work, your family, your passion that you pursue.

Some people might find their Passion in life, something that brings them joy. They may even be able to turn it into their career, however, it might not bring the fulfillment or the lifestyle they want. That is why the advice to simply ‘follow your passion’ is not that helpful. Certainly not enough.

Trying to create a life where you have all four ‘advanced’ aspects of your Circle of Life (the ones related to self-actualization and self-esteem) in a strong and healthy place is not easy but also not impossible.

What is important is to stay authentic in your search for your purpose in life. Accepting social norms about what is supposed to make life meaningful, what is supposed to make you happy or successful is a tempting route to follow.

4 ADVANCED ASPECTS OF THE CIRCLE OF LIFE



REMEMBER: This ‘speed’ profile’s accuracy is limited as it is based only on a few questions.

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THE LX SPEED PROFILE

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YOUR IDEAL ROLE

Part 3: BUILDING YOUR CAREER

An ideal role for YOU can be described as being...

Encouraging, Intuitive, Supportive, Harmonious, Altruistic, Forward-thinking, Helpful, Patient, Organized, Efficient, Socially undemanding, Gentle, Friendly

A challenging role for YOU can be described as...

Being misunderstood, Too much conformity, Inflexible, Lacking closure, Shortsighted, Forced time management

Your personality means that you most enjoy tasks that allow you to create something new, original and inspiring using your imaginative and creative mind. You need to be working on problems that help people in some ways and are in line with your values. You love bringing others along in the journey and helping them to grow. You want to make a difference in the world and leave your own unique, personal mark on the work.

NEEDS OF YOUR IDEAL ROLE

- Allows you to be creative and work on your big ideas.
- Allows you to encourage and mentor others to be their best.
- Allows you to support others in reaching their full potential.
- Allows for flexibility, being able to work both individually or in small teams.
- Values creativity and innovative ideas.



YOUR IDEAL WORKPLACE

Part 3: BUILDING YOUR CAREER

Where you spend most of your day has a great impact on your energy. Trying to fit in where you don't belong or managing a difficult environment is draining and hardly ever successful in the long-run. Understand what works for you and what doesn't in order to be able to find the right place for you. Environments where you can thrive:

- ★ Prefer working in a quiet atmosphere at work so you can think freely and uninterruptedly.
- ★ Like to come up with original answers to difficult questions, especially when they require big-picture thinking.
- ★ Prefer to work on your own in a peaceful environment so you can focus on bringing out your best ideas.
- ★ Lead unintentionally, often when others take a leaf out of your book.

YOUR WORK ENVIRONMENT

Like a BUSINESS CULTURE that...

- Gives you plenty of time to work alone.
- Has the ability to live up to your ideals.
- Offers plenty of opportunities for achievement.
- Provides you the ability to be your own authority.
- Offers plenty of opportunity for growth.

Dislike a BUSINESS CULTURE that...

- Requires following directions blindly.
- Does not have much appreciation for 'making a difference'.
- Makes you feel conflicted.
- Barely acknowledges what people contribute.
- Requires you to pick up the slack after others.

YOUR WORK MANAGER

Like a LINE MANAGER who...

- Empowers you
- Involves you
- Highly knowledgeable
- Shares the big picture with you
- Connects with you on a personal level

Dislike a LINE MANAGER who...

- Includes too much detail
- Is too impersonal
- Puts pressure on you to conform
- Is too mechanical
- Requires you to enforce rules



YOUR CAREER DEVELOPMENT & PROMOTION

Part 3: BUILDING YOUR CAREER

To develop and ultimately get promoted you most likely need to work with others at some point. You might even need to take the lead whether or not you are the one in charge. As you read on, the following pages will give you more details about your teamwork and leadership style, but here is a short summary of the key take-aways and tips to develop and master to get promoted.

ON TEAMS TO DEVELOP YOU SHOULD

TRY to...

- Be more objective when setting priorities
- Make better use of logic
- Say 'no' when necessary
- Balance your intuition with facts
- Explain and share your insights
- Be more approachable to others

Try NOT to...

- Put others' needs first
- Try to be an overachiever
- Favor dreams over the present
- Try to be an overachiever
- Be taken advantage of
- Judge people on personal values

WHEN LEADING TO GET PROMOTED YOU SHOULD

TRY to...

- Be more objective
- Be clearer on expressing your vision
- Be clearer about current realities
- Better manage conflict
- Move quicker to an effective plan of attack
- Be firmer with people when necessary

Try NOT to...

- Ponder for so long over every possibility
- Ignore what is really going on
- Push for innovative approaches if something already exists
- Avoid the specifics and details
- Try to please everyone
- Miss details



FINDING OR CHANGING YOUR CAREER

Part 3: BUILDING YOUR CAREER

When choosing a career (or making a major change to it), there are many things to consider. Being self-aware and knowing your strengths is definitely a good starting point. Then, better understanding what type of activities you are good at and what energizes you is key in order to choose a career that you could thrive in.

TASKS THAT YOU PREFER

- Being imaginative, creative, and original
- Providing service to others
- Coming up with an original idea
- Assisting others
- Interpreting languages
- Writing and expressing Ideas
- Networking with new people
- Working on what inspires you
- Creating a visually appealing presentation
- Coming up with an original idea or deal

YOUR TOP CAREER AREAS (with example job roles)

Communications

- Broadcast News Analyst
- Interpreter or Translator
- Technical Editor or Writer

Music

- Composer
- Music Arranger
- Singer

Literary Arts

- Creative Writer
- Poet or Lyricist
- Writer or Author

Drama & Dance

- Actor
- Choreographer
- Director (TV/radio, movies, theater)

Child & Adult Care

- Dental Assistant
- Licensed Nurse
- Personal Care Aide

Sport, Recreation and Fitness

- Coach or Scout
- Fitness Trainer
- Recreation Worker

Visual Arts

- Art Director
- Graphic Designer
- Multi-Media Artist

Education and Library Services

- College or Community College Teacher
- High School Teacher
- Instructional Coordinator

Nursing, Therapy, & Health Promotion

- Dental Hygienist
- Exercise Physiologist
- Physician Assistant

Social Services

- Clergy
- Counselor
- Medical and Health Social Worker



YOUR ENTREPRENEURIAL CAREER

Part 3: BUILDING YOUR CAREER

To be an entrepreneur you need to design, start-up and scale-up a new innovative business. Becoming a small business owner or a freelancer is a great start in that career journey, but only a start. How you apply your innovative skills and then do the hard work of scaling your business is a challenge for everyone.

YOUR INNOVATIVE START-UP MINDSET

- Successfully notice market trends and find the possible problems your organisation can help the market solve.
- Are a caring and understanding person who is also a forward thinking strategist.
- Are a top notch strategic thinker who knows how to realistically plan for the long term.
- Have a natural talent of matching existing solutions to new challenges.

YOUR BUSINESS SCALING MINDSET

- Are empathetic and have a good sense of what others feel, which makes you very effective at marketing.
- Have a talent for mapping out the steps and processes needed in order to reach your goals.
- Are very talented and suited to business, which makes you highly successful in entrepreneurship.
- Are highly motivated by your desire to be able to work autonomously, which can draw you to become an entrepreneur.

SPECIFIC ENTREPRENEURIAL IDEAS FOR YOU

- Hire an operational manager to take responsibility for important processes and details that you are not inclined to prioritise.
- Maintain the routine operational responsibilities in addition to keeping your focus on the big picture vision.
- Take care of your business and stay true to your goals by making the tough decisions without overplaying people's feelings.
- Remember that you are a talented, creative and original thinker, however, you need to better communicate your ideas.
- Allow others to take ownership more and bring their own approach to thinking and problem-solving to the table.



Part 4

WINNING AT WORK

If you want to achieve greatness, stop asking for permission.



WORKING STYLES

Part 4: WINNING AT WORK

Whether or not you are currently part of a team, you most likely need to work with other people. While teamwork will be covered in more detail, it is useful to understand what is the most likely ‘role’ you take on when working with others first. This is the role you typically default to and is driven off of your key strengths.

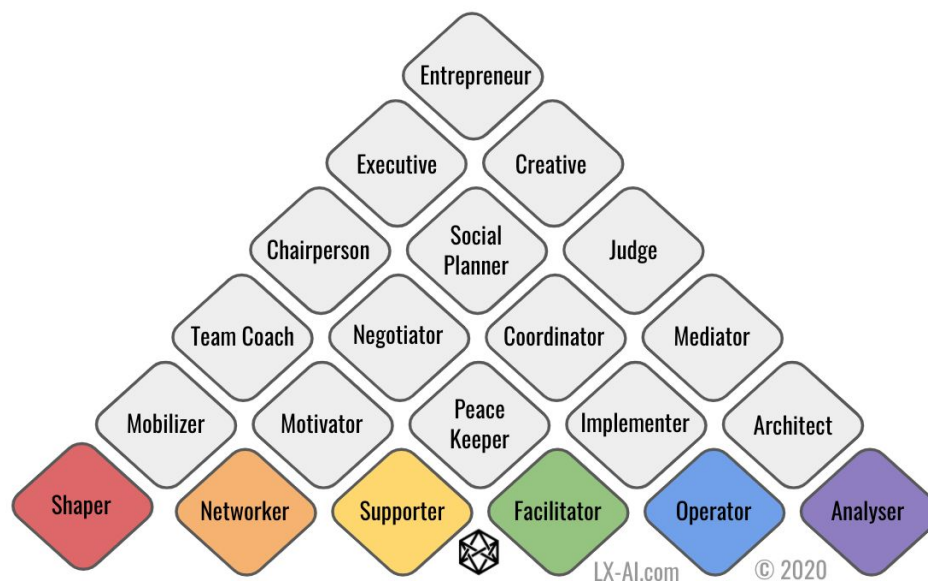
Most people have one or two styles they feel comfortable with as these come naturally to them. If you are authentic in your life including your work, your strengths will most likely guide you towards your most authentic role, which will likely be the combination of your top two styles.

There is no right or wrong, better or worse when it comes to these roles. Each has value and a lot to offer to any team under varying circumstances. Of course, special circumstances call for special roles (such as a crisis situation) however, let’s keep those out of scope for now.

With a little bit of conscious effort, you can flex your styles and take on a different role in order to contribute in a different way as and when needed. The less you need to flex, the more authentic you will come across and so the less effort it will take you to flex your natural style.

The Classic Team Work Roles

The 21 most common roles seen a team are the combinations of the six main styles individuals adopt when working with other people





YOUR PROFESSIONAL APPROACH

Part 4: WINNING AT WORK

You like to make others feel comfortable and you want people to like you. You often do whatever you can for others and even if someone upsets you or ignores your needs, you will never let them know as you don't want to make them feel bad.

You are a chameleon, changing your responses and behavior according to the situation and the people around you. Because you are so insightful about what is going on around you, you adjust yourself to the mood and vibe, being charming if the occasion calls for it or becoming more serious if it becomes tenser.

You like to make an impact and you try to position yourself among the core people of an organization so you can do so. Being heard is important to you and you always like to leave a positive impression on others. You praise people often as you like it when others praise you and recognize your achievements especially when done publicly.

YOUR WORK STYLE

- Like to be organised and love work that allows you to be ordered.
- Are known for your support of your values and are creative, sensitive and compassionate.
- Have a fertile imagination to help solve people's issues and naturally mentor people.
- Prize having a sense of the anticipated at work and care about the effects of change.
- Like to learn about the intended effects of change and how it will improve life for workers.

YOUR WORK CONTRIBUTIONS

- | | |
|------------------------------------|---|
| ❖ Organizing ideas and people | ❖ Seeing big picture possibilities |
| ❖ Being attentive and sensitive | ❖ Taking big picture perspective |
| ❖ Seeking win-win harmony | ❖ Ensuring people's needs met |
| ❖ Developing innovative solutions | ❖ Understanding group dynamics |
| ❖ Bringing optimistic and positive | ❖ Developing an overview of the situation |



YOUR TEAM-WORK APPROACH

Part 4: WINNING AT WORK

People tend to open up to you and feel like they can trust you as you exude social confidence while also being honest and sincere. You while you have fantastic social skills, you are not domineering and people like this about you.

Your most admirable traits include your acceptance of people, your reliability and the fact that you are always able to effectively collaborate with others. People also appreciate and respect these qualities in you.

You are a natural people person, forming connections with others easily. You have a level of confidence and optimism that others find appealing as there are no traces of arrogance in this vibe. You are warm and you put people at ease when you meet them. It is a special trait you have that allows you to connect with people easily and effortlessly.

YOUR TEAMWORK STYLE

- Use your perceptiveness of colleagues' needs to help and motivate them, and to improve structure.
- Are keenly aware of colleagues' strengths, and you motivate them to add value.
- Value authenticity, sensitivity, and vocation, you're empathetic and usually have a range of plan B's ready.
- Are a team player with a kind temperament and with awareness of others.
- Engage well in groups, listening to everyone and connecting all meaningful feedback into one way forward.

YOUR TEAMWORK MINDSET

- Have a 'can do' attitude
- Put people before business
- Driven by values
- Achievements speak for themselves
- Positive and optimistic

YOUR TEAMWORK FRUSTRATIONS

- Dealing with hostile people
- When your help is rejected
- Managing interpersonal conflict
- Negativity and disharmony
- Feeling unappreciated



YOUR COMMUNICATION STYLE

Part 4: WINNING AT WORK

Similar to the ability to successfully work with others, strong communication skills can get you far both in your personal and professional life. From being able to articulate your ideas through influencing others to making people feel truly heard, there is a lot everyone can always learn and improve upon.

YOUR COMMS APPROACH

MANNER you CONNECT with people in...

Purposeful, Connections, Private, Affirming, Authentic, Relationship-driven, Quiet, Internal processing, Sensitive, Genuine

Your communications STYLE...

- Have a collaborative and affirming sense of communication which leads you to reassure others in your responses.
- Tend to keep your brilliant and well thought out ideas to yourself because you are shy.
- Are a considered communicator who thinks before sharing your message.
- Like one-on-one conversations where you get the space to give considered responses within the context of the other person.
- Have deeply considered ideas about the future, but you may come across as blathering in fits and starts.

YOUR COMMS SUBJECT

TOPICS you INTERACT with people on...

Innovative ideas, Vision and possibilities, Abstract ideas, Shared beliefs, Advice for others, Ideas-focused, Insights, Feedback for others

Your communications FOCUS...

- Often look for context in whatever information comes your way as you like to find links.
- Enjoy people coming to you with their issues as you are happy to help.
- Like to talk to others about the big issues in life, especially if it results in helping others.
- Appreciate discussions based on hypothetical situations and intuition - 'what could happen'.
- Like to appease others, often sticking to talking points that are interesting for the other person.



YOUR COMMUNICATION IDEAS

Part 4: WINNING AT WORK

PREFERRED COMMUNICATIONS

You LIKE it when people...

- Recognize your contributions – While you aren't someone who seeks the spotlight, you do understand your worth, and appreciate hearing that others recognize it, too.
- Focus on insights and ideas – You prefer to speak in terms of creative problem-solving and the exploration of ideas, without getting bogged down in the details of execution.
- Share your values – Making a difference for others and in the world-at-large is much easier when people uphold and value the same principles as you.
- Are honest and genuine – Positive and authentic people make you feel very comfortable.

UNDESIRABLE COMMUNICATIONS

You DISLIKE it when people...

- Come across as judgemental – Negativity is a motivation-killer, whether someone is outright hostile or passive-aggressive because they don't understand your ideas.
- Focus on the short-term – That's okay, for a short time, but your talents are far better suited to thinking about long-term possibilities.
- Dismiss your values or beliefs – People who can't accept the value of others' perspectives are difficult for you to engage with.
- Rush you – Pushing you to make a decision or give a response before you have had enough time to assess the situation or question is no way to work with you.

ACTIONABLE COMMUNICATIONS IDEAS FOR YOU

- Learn to balance your needs with those of others
- Start writing down all the points you want to get across beforehand
- Learn to be more open to ideas outside of your beliefs
- Start making enough time for yourself to prepare
- Start balancing alone time with socializing



YOUR WORK BLINDSPOTS

Part 4: WINNING AT WORK

Some days you don't bring your best game to work and that is okay, it happens. You may behave in a way that can be damaging to your work relationships even if it is not intentional and you are not aware of it. Feeling stressed or overwhelmed can make things worse.

Everybody gets stressed at times and has a bad day at work. I suspect on your bad days you appear to other people to be... Dislike insincerity, Easily Intimidated, Too frequently worried, Can be stubborn, Sometimes avoidant, Avoids attention.

POTENTIAL WORK BLINDSPOTS

- ❖ Could expect impossible perfection of yourself, and you don't generally share your thoughts with others.
- ❖ Are a leader who is a perfectionist and you can work yourself to a stand still.
- ❖ Tend to take strain if others don't show appreciation for your character and relationship strengths.
- ❖ Find it challenging to figure out which tasks and projects are more urgent and/or important.

POSSIBLE TEAMWORK CHALLENGES

- ❖ Sometimes allow other people to take the reins at work and lose control to others.
- ❖ May be choosing to not be aware of the facts about people and their working lives.
- ❖ Have experience of shouldering too many responsibilities at work.
- ❖ Offer trust and good energy and some people can use this for their selfish benefit.



YOUR WORK THOUGHT-STARTERS

Part 4: WINNING AT WORK

You have probably taken note of a few things so far that make you pause and reflect. Only you know what is important to you right now when it comes to work and career, and which areas you want to focus on. That said, here are a few tips you might find useful:

GENERAL DEVELOPMENT IDEAS FOR YOU

- Remain idealistic and keep your integrity – Stay away from situations that drain your idealist nature or attempt to compromise your integrity.
- Accept all critiques – Honest, relevant feedback is valuable for positive change - give criticism with this in mind too.
- Practice patience – You will be recognized at some point for good work, positive feedback is not always given.
- Focus more on real details – Enthusiasm and positivity are great qualities, but give more weight to facts and practical matters.
- Be discerning with your ideas – Some ideas will work while others will not. Know the difference!

TEAMWORK SPECIFIC IDEAS FOR YOU

- Be more approachable – With a calm and easygoing attitude people will come to you for advice and to give useful feedback.
- Debate views more openly – Let team members speak their minds, this will enhance bonds in the group and add to productivity.
- Practice public speaking – You will find people follow your leadership when you express yourself more in groups.
- Don't be inflexible – Even though you prepare for meetings, be ready to hear alternative opinions.
- Be more openly expressive – Be the centre of attention sometimes and see what opportunities come your way.



Part 5

TAKING THE LEAD

A quitter never wins. A winner never quits.



LEADERSHIP STYLES

Part 5: TAKING THE LEAD

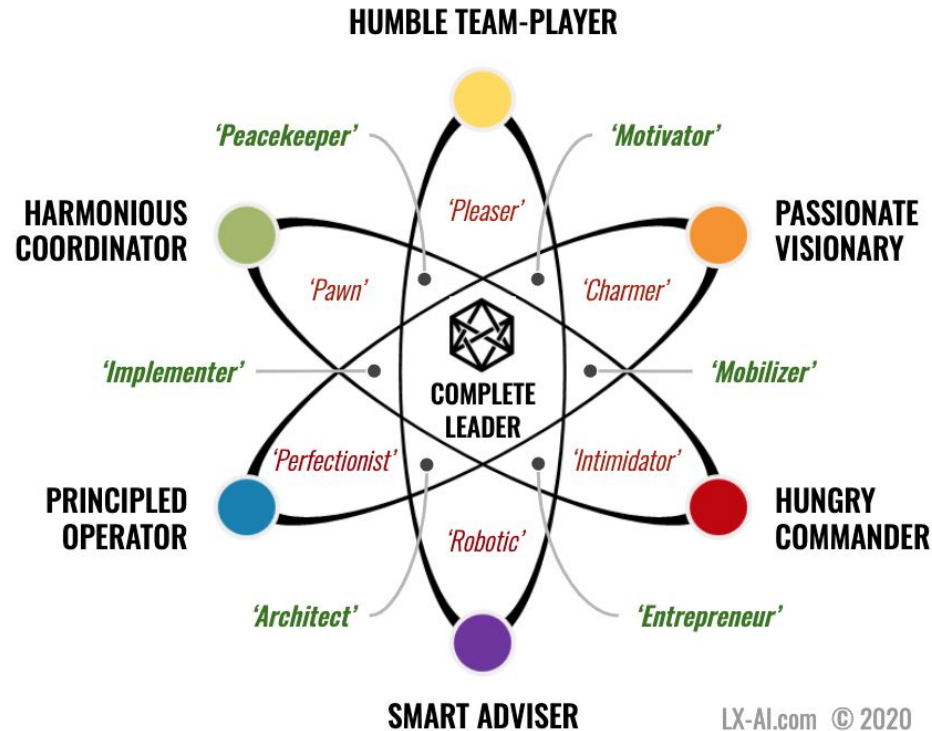
When it comes to the various management and leadership styles, one dimensional managers can be successful in situations that align with their particular strength. However the broader their responsibilities grow, the natural strengths that enabled one to prosper earlier in their career as a manager are no longer enough for them to excel as a leader.

To be a great leader, the mastery of the various styles is necessary, as well as the ability to flex seamlessly and appropriately between them. Only when all styles are mastered and you can blend them effortlessly could you be considered as a 'Complete Leader' according to the LX System.

The more you invest in understanding and developing your style, the more well-rounded leader - in the broader sense - you become.

The Complete Leader

*One dimensional leadership is never sustainably successful.
Leadership needs strength in at least 2; and ideally all dimensions.*



REMEMBER: This 'speed' profile's accuracy is limited as it is based only on a few questions.

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THE LX SPEED PROFILE

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YOUR LEADERSHIP APPROACH

Part 5: TAKING THE LEAD

Your persuasion skills are on-point, allowing you to work steadily towards your goals by recruiting others to get on board. Some people who are good at finding errors and flaws will often challenge your vision, trying to find bits you haven't yet thought through. It may benefit you to have more detail-oriented people around you who can take on these pieces and ensure that all important aspects are covered.

When you find yourself in a difficult situation, you are still able to see the positive aspects of it because you don't want to lose your drive. Your optimism is contagious and spreads to others around you, inspiring them. You like gathering people on board through your enthusiasm, naturally coaxing people and never being forceful.

YOUR LEADERSHIP MINDSET

- Think it is important to pay attention to your team and truly understand how they see things and what drives them.
- Are a caring, warm and perceptive type of leader with big dreams.
- Are very good at letting your team members know how much you appreciate them and their efforts.
- Find it challenging to set realistic goals and timelines when working on a project as you aim to accomplish audacious goals.
- Foster an environment that encourages your team members to look at things from a different perspective.

YOUR SUPPORTIVE APPROACH

- Attempt to look at the situation from different angles to see the big picture.
- Offer up simple advice and long-term solutions to the problem.
- Validate others' feelings while comforting them and giving a supportive ear.
- Commit to completing projects, and be willing to put in the great effort needed to finish.
- Keep people satisfied and pleased by putting in the effort to meet their needs.



YOUR ELEMENTS OF LEADERSHIP

Part 5: TAKING THE LEAD

Arguably, leaders have a lot to take on and tackle successfully. In the LX System, the elements of leadership that are covered in detail are: (i) how you create a vision and bring people on board; (ii) how you make decisions and; (iii) how you execute plans and manage others in order to bring your vision to life.

YOUR VISION & MOTIVATION

MINDSET: Service and future oriented; Care about personal development; Values diverse perspectives

- Communicate your positive visions at work which motivates others.
- Can effectively enrol your team in a common cause and create results to benefit people.
- Work with commitment and tenacity for your vision of your team and company.
- Are reliably good at hearing the views of your team as you show them your ethical leadership.

YOUR DECISION-MAKING & PROBLEM-SOLVING

APPROACH: Energized by certain options; Have a hypothesized vision; Work back from outcomes

- Take a long-term approach which can sometimes make you overlook present practicalities.
- Find it important that your decisions are for the best for everyone involved.
- Consider the future implications of a decision and how it will influence those affected by it.
- Reflect on your decisions wisely as it is important that a decision aligns with your principles.

YOUR MANAGEMENT & EXECUTION

STYLE: Wins cooperation rather than demands it; Natural empathy helps managing team; Compassionate to people on team

- Enjoy drafting the exciting main concepts, but can neglect the details.
- Can become laser focused on a project as you work hard and commit to meeting outcomes.
- Want an authentically motivated team, so you do not resort to penalties and rewards for motivation.
- Depend on your team, but you struggle to address those who let you down.



YOUR LEADERSHIP BLINDSPOTS

Part 5: TAKING THE LEAD

Becoming a great leader doesn't happen overnight and it takes a good amount of self-awareness and the desire to grow. Here are a couple of things to consider that might help you in your journey:

POTENTIAL LEADERSHIP CHALLENGES

- ❖ Avoid conflict -- You miss out on opportunities to develop your team because you shun difficult conversations and you avoid potentially constructive conflict.
- ❖ Find it hard to be firm -- You tend to shy away from being direct when the team needs it most because you see yourself as a friend more than a boss.
- ❖ Over-complicate things -- You enjoy digging down to the root cause of all problems in the search for hidden meaning which, at times, makes the problem more complicated.
- ❖ Please everyone -- At times, you let the scope of the project balloon out of control because you are trying to please and accommodate everyone along the way.

POSSIBLE SPECIFIC DECISION-MAKING BLINDSPOTS

- ❖ Are often interested in the complexities of an issue, making it seem more confusing than necessary.
- ❖ Are very committed to your values, which can lead to missing logical solutions.
- ❖ Sometimes overcomplicate issues, which can make you feel unsure about your own decisions.
- ❖ Can be uncomfortable with conflict, which can lead to ending conversations without completely solving the issue.

POSSIBLE SPECIFIC MANAGEMENT BLINDSPOTS

- ❖ Are able to make people more important than actual work most of the time.
- ❖ Often fail to hand unpopular tasks to team members so that you don't cause negative reactions.
- ❖ Find it difficult to give constructive criticism and to handle confrontation with people at work.
- ❖ Have a vision for progress but find it hard to articulate it methodically and clearly.



YOUR LEADERSHIP THOUGHT-STARTERS

Part 5: TAKING THE LEAD

Of course, you know it best which areas you need to focus on in order to become a better and stronger leader. Here are a few tips that you might find useful:

GENERAL LEADERSHIP DEVELOPMENT IDEAS FOR YOU

- Set clear goals -- There are those who enjoy your social and friendly leadership style, but there are others who need something different. Practice giving out clear and concise directions so that you can effectively lead those who are more task oriented.
- Think more strategically -- You would do well to invest the time it takes to understand and forecast changes within your industry. Doing so allows you to set a long-term plan for success as well as to craft a vision for the future. Strategic thinking will solidify your abilities as a leader and make you a stronger candidate for higher-level positions.

DECISION-MAKING SPECIFIC IDEAS

- Try to rely on logic to explain your ideas in areas where your way of thinking may not be immediately understood by others.
- Do not be afraid of choosing a simple and obvious solution if it is good enough to solve the problem.
- Question your own assumptions and vision by logically analysing facts and figures in a pragmatic way.
- Seek out a good balance between intuition and logic, in order to make the best decisions.

MANAGEMENT SPECIFIC IDEAS

- Allow time for input from everyone involved in a plan and gather all relevant information before acting.
- Discuss your expectations ahead of beginning a project, to ensure that your goals are achievable.
- Try to spread out tasks among your team, so that they are completed to the highest standard possible.
- Practise explaining your vision with a practical and easily followed path to achieving it.



Part 6

DIVING IN DEEPER

In order to improve yourself, you must first know yourself.

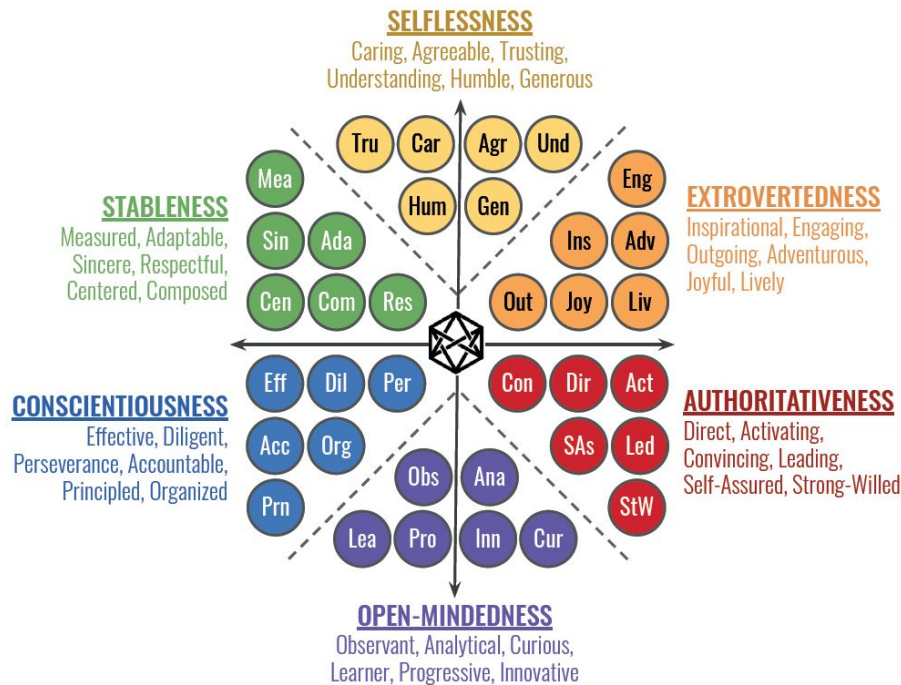


THE LX SYSTEM

Part 6: DIVING IN DEEPER

OCEANX GROUPS OF TRAIT CLUSTERS

(ILLUSTRATIVE SIMPLIFICATION; AXES & PLOTTING NOT TO SCALE)



The LX System is a self-discovery and self-development approach powered by data and technology. At its core, it seeks to measure and analyze thousands of your character traits, and ultimately map your 'character DNA' sequence. Using big data and advanced algorithms the LX System simplifies a person's complex 'character DNA' into 36 trait clusters that can be used to more easily describe anyone's personality. The full LX AI survey is 25 questions long and available at LX-AI.com. The shorter LX Speed Survey, and this resulting free ~10,000 word Speed Personality Profile, is based on a highly simplified version of the full LX AI survey and system.

ABOUT LX's MISSION

'LX' is the collective name for the team who contributed to the LX System's original development. LX's aim is to use modern technology to improve everyone's self-awareness and help them become their best selves. The LX Speed Survey and free LX Speed Profile aims to make the core self-awareness insights from the LX System's technology freely and easily accessible to everyone in the world who has an internet connection and 5 minutes to spare.



THE LX SPEED SURVEY ACCURACY

Part 6: DIVING IN DEEPER

With only a few questions it is hard for the LX Speed Survey to be highly accurate. One way to get an approximate % measure for how accurate this LX Speed Profile is for you is simply to count how many of the 50 statements below fit your character and then double that number (give half a point if they fit 50-50). We aim for the speed survey to be >80% accurate, but if it isn't try taking the survey again in a different mood and from the alternative 'personal' vs 'work' perspective. If it still doesn't fit your character try the full 25 question LX AI survey.

YOUR MINDSET & CHARACTER TRAITS				
Like to have decisions made	Constantly in motion	People watcher	Good at writing	Passion projects
Act in controlled way	Notice everything	Use conceptual frameworks	Go with gut feelings	Artistic writing
Think do think more	Good communicator	Thinking over doing	Adopt an imaginative approach	Organize at the beginning
Closed to strangers	Seek thanks for contribution and effort	Good listener	Stressed by last-minute time pressure	Prefer quiet for reflection
Are contained when interacting	Idealist at heart	Quiet warmth (C) LX-AI.com	High expectations	Look for opportunities
Are engaged by imagination	Look for overarching purpose	Take some things personally	Focus on relationships	Often overthink things
Understand how people feel in situations	Prefer to finish projects	Wait your turn in conversation	Introspective and spiritual	Need space for concentration
Find detailed instructions limiting	High morals	Downtime after a social activity	Make decisions by how they feel	Having time to reflect
Work in steady, ordered manner	Prefer when things are settled	Seek harmony in relationships	Focus on possibilities	Observe new and different things
Like to come to closure	Use empathy to connect with people	Seek harmony	Weight things subjectively	Lose energy when little reflection

Score out of 50 = _____ >>>> Double it to get estimated % accuracy _____ %



YOUR PERSONALITY DATA

Part 6: DIVING IN DEEPER

The innovative full 25 question LX AI system uses big data and advanced dynamic analytics to build a completely personalized model of your character -- it does not seek to just put you into a few personality types. With the LX System's new general approach to character modelling, it is also possible to simulate many other classic personality assessments, and so using your answers we can cross-check what we would expect your personality type to be in various common alternative assessments.

Your LX Speed Survey trait and type estimates:

Your BIG FIVE Factors

- OPENNESS: Likely MID-RANGE
- CONSCIENTIOUSNESS: Likely HIGHER
- EXTROVERSION: Likely LOWER
- AGREEABLENESS: Likely HIGHER
- STABLENESS: Likely HIGHER

Your JUNGIAN Type

- Mix of INFJ (Counselor)
- With ISFJ & INFP

Your QUADRANT Temperaments

- Likely IDEALIST = NF (Keirsey)
- Probably BLUE Connector (True Colors)
- Probably GREEN (Birkman)
- Likely MELANCHOLIC-PHLEGOMATIC (Galen)
- Probably INFLUENCE-STEADY = IS (DISC)

Your RIASEC Type

- Most Likely ARTISTIC (A)
- Probably SOCIAL (S)

Full 25 question LX AI Survey and books include:

Additional full LX System data includes:

- 52 LX Character Strengths
- 6 OCEANX Main Traits
- 5 Power Preferences & 28 sub-factors
- 12 Life Purpose Preferences
- 6 Professional Styles

In total the full LX AI survey and books provide you with over 400 key personality metrics, making the LX System the most comprehensive online today.

Additional Personality results in full LX System:

- 16 Personalities / MBTI (full % scores)
- DISC (full % scores)
- Enneagram (full % scores)
- Big 5 (full % scores)
- Ancient temperaments (full % scores)

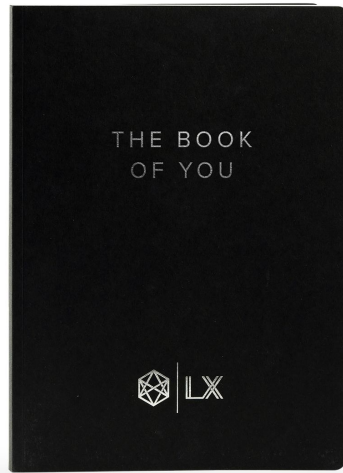
Full LX AI system checks results against simulations of: Five Factor Model (NEO PI-R); Jackson Personality Inv (JPI-R); Cattell Personality Factors (16PF); 6 Factor Personality Questionnaire (6-FPQ); Lee & Ashton (HEXACO model); California Psych Inv (CPI); Temperament Character Inventory (TCI); Hogan Personality Inventory (HPI); Holland Inventory (RIASEC); and 6 other classic tests.

With ten questions we estimate these results will be about 70-80% accurate, and our analysis shows that with the 25 question survey the underlying LX AI system's algorithm should be able to model your personality with an accuracy that is consistently at 90-95%. The LX System is designed to continually learn and improve its algorithm and so the questions and results will evolve over time.



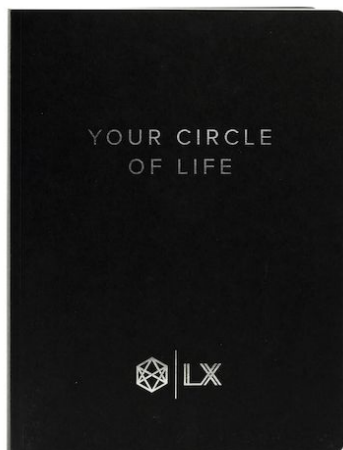
THE LX BOOKS

Part 6: DIVING IN DEEPER



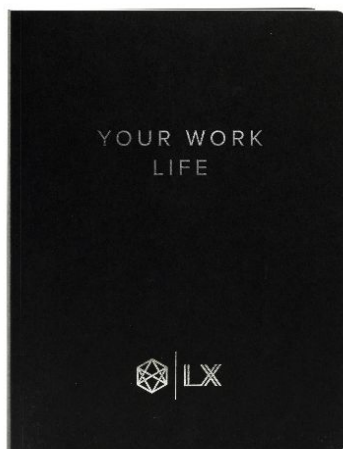
The Book of You

- 200+ personalized pages about you
- Everyone's book is totally unique!
- Strengths, Super-Strengths and your personal Mission
- Customized advice and tips for becoming your best self
- Provides all classic personality assessment results
- [LEARN MORE HERE](#)



Your Circle of Life

- 100+ personalized pages about your life
- The six core aspects of life and how to approach them
- Your approach to stress, relationships and inner balance
- Customized advice and tips for creating your best life
- [LEARN MORE HERE](#)



Your Work Life

- 100+ personalized pages about your career and professional styles
- Deep-dive into your leadership, teamwork and communication styles
- Customized advice and tips on what role and work environment suits you
- [LEARN MORE HERE](#)



THE LX TABLE OF ELEMENTS

Part 6: DIVING IN DEEPER

BEHAVIOR STYLES		LX TABLE of PERSONALITY ELEMENTS																		CIRCLE OF LIFE																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
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D2		GROUP TRAITS (OPEN-MINDEDNESS)						GROUP TRAITS (CONSCIENTIOUSNESS)						GROUP TRAITS (SELFLESSNESS)						GROUP TRAITS (AUTHORITATIVE)						GROUP TRAITS (STABLENESS - Neurotic)						GROUP TRAITS (EXTROVERTNESS)								S1		S2		S3		I		R		C		L		E		ix		a		r																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									
D3		'ANALYTICAL' Perceptive, Logical, Conceptual & Rational						'EFFECTIVE' Productive, Practical & Resourceful						'DILIGENT' Deliberate, Prepared & Thorough						'CARING' Compassionate, Helpful & Inclusive						'AGREEABLE' Collaborative, Teamwork & Cooperative						'DIRECT' Assertive, Commanding & Demanding						'ACTIVATING' Proactive, Accelerating & Initiating						'MEASURED' Controlled, Cautious & Careful						'ADAPTABLE' Accommodating, Flexible & Chilled-out						'INSPIRING' Visionary, Motivating & Captivating						'ENGAGING' Charismatic, Entertaining & Expressive						S4		S5		S6		S7		S8		S9		S10		S11		S12		S13		S14		S15		S16		S17		S18		S19		S20		S21		S22		S23		S24		S25		S26		S27		S28		S29		S30		S31		S32		S33		S34		S35		S36		S37		S38		S39		S40		S41		S42		S43		S44		S45		S46		S47		S48		S49		S50		S51		S52		S53		S54		S55		S56		S57		S58		S59		S60		S61		S62		S63		S64		S65		S66		S67		S68		S69		S70		S71		S72		S73		S74		S75		S76		S77		S78		S79		S80		S81		S82		S83		S84		S85		S86		S87		S88		S89		S90		S91		S92		S93		S94		S95		S96		S97		S98		S99		S100		S101		S102		S103		S104		S105		S106		S107		S108		S109		S110		S111		S112		S113		S114		S115		S116		S117		S118		S119		S120		S121		S122		S123		S124		S125		S126		S127		S128		S129		S130		S131		S132		S133		S134		S135		S136		S137		S138		S139		S140		S141		S142		S143		S144		S145		S146		S147		S148		S149		S150		S151		S152		S153		S154		S155		S156		S157		S158		S159		S160		S161		S162		S163		S164		S165		S166		S167		S168		S169		S170		S171		S172		S173		S174		S175		S176		S177		S178		S179		S180		S181		S182		S183		S184		S185		S186		S187		S188		S189		S190		S191		S192		S193		S194		S195		S196		S197		S198		S199		S200		S201		S202		S203		S204		S205		S206		S207		S208		S209		S210		S211		S212		S213		S214		S215		S216		S217		S218		S219		S220		S221		S222		S223		S224		S225		S226		S227		S228		S229		S230		S231		S232		S233		S234		S235		S236		S237		S238		S239		S240		S241		S242		S243		S244		S245		S246		S247		S248		S249		S250		S251		S252		S253		S254		S255		S256		S257		S258		S259		S260		S261		S262		S263		S264		S265		S266		S267		S268		S269		S270		S271		S272		S273		S274		S275		S276		S277		S278		S279		S280		S281		S282		S283		S284		S285		S286		S287		S288		S289		S290		S291		S292		S293		S294		S295		S296		S297		S298		S299		S300		S301		S302		S303		S304		S305		S306		S307		S308		S309		S310		S311		S312		S313		S314		S315		S316		S317		S318		S319		S320		S321		S322		S323		S324		S325		S326		S327		S328		S329		S330		S331		S332		S333		S334		S335		S336		S337		S338		S339		S340		S341		S342		S343		S344		S345		S346		S347		S348		S349		S350		S351		S352		S353		S354		S355		S356		S357		S358		S359		S360		S361		S362		S363		S364		S365		S366		S367		S368		S369		S370		S371		S372		S373		S374		S375		S376		S377		S378		S379		S380		S381		S382		S383		S384		S385		S386		S387		S388		S389		S390		S391		S392		S393		S394		S395		S396		S397		S398		S399		S400		S401		S402		S403		S404		S405		S406		S407		S408		S409		S410		S411		S412		S413		S414		S415		S416		S417		S418		S419		S420		S421		S422		S423		S424		S425		S426		S427		S428		S429		S430		S431		S432		S433		S434		S435		S436		S437		S438		S439		S440		S441		S442		S443		S444		S445		S446		S447		S448		S449		S450		S451		S452		S453		S454		S455		S456		S457		S458		S459		S460		S461		S462		S463		S464		S465		S466		S467		S468		S469		S470		S471		S472		S473		S474		S475		S476		S477		S478		S479		S480		S481		S482		S483		S484		S485		S486		S487		S488		S489		S490		S491		S492		S493		S494		S495		S496		S497		S498		S499		S500		S501		S502		S503		S504		S505		S506		S507		S508		S509		S510		S511		S512		S513		S514		S515		S516		S517		S518		S519		S520		S521		S522		S523		S524		S525		S526		S527		S528		S529		S530		S531		S532		S533		S534		S535		S536		S537		S538		S539		S540		S541		S542		S543		S544		S545		S546		S547		S548		S549		S550		S551		S552		S553		S554		S555		S556		S557		S558		S559		S560		S561		S562		S563		S564		S565		S566		S567		S568		S569		S570		S571		S572		S573		S574		S575		S576		S577		S578		S579		S580		S581		S582		S583		S584		S585		S586		S587		S588		S589		S590		S591		S592		S593		S594		S595		S596		S597		S598		S599		S600		S601		S602		S603		S604		S605		S606		S607		S608		S609		S610		S611		S612		S613		S614		S615		S616		S617		S618		S619		S620		S621		S622		S623		S624		S625		S626		S627		S628		S629		S630		S631		S632		S633		S634		S635		S636		S637		S638		S639		S640		S641		S642		S643		S644		S645		S646		S647		S648		S649		S650		S651		S652		S653		S654		S655		S656		S657		S658		S659		S660		S661		S662		S663		S664		S665		S666		S667		S668		S669		S670		S671		S672		S673		S674		S675		S676		S677		S678		S679		S680		S681		S682		S683		S684		S685		S686		S687		S688		S689		S690		S691		S692		S693		S694		S695		S696		S697		S698		S699		S700		S701		S702		S703		S704		S705		S706		S707		S708		S709		S710		S711		S712		S713		S714		S715		S716		S717		S718		S719		S720		S721		S722		S723		S724		S725		S726		S727		S728		S729		S730		S731		S732		S733		S734		S735		S736		S737		S738		S739		S740		S741		S742		S743		S744		S745		S746		S747		S748		S749		S750		S751		S752		S753		S754		S755		S756		S757		S758		S759		S760		S761		S762		S763		S764		S765		S766		S767		S768		S769		S770		S771		S772		S773		S774		S775		S776		S777		S778		S779		S780		S781		S782		S783		S784		S785		S786		S787		S788		S789		S790		S791		S792		S793		S794		S795		S796		S797		S798		S799		S800		S801		S802		S803		S804		S805		S806		S807		S808		S809		S810		S811		S812		S813		S814		S815		S816		S817		S818		S819		S820		S821		S822		S823		S824		S825		S826		S827		S828		S829		S830		S831		S832		S833		S834		S835		S836		S837		S838		S839		S840		S841		S842		S843		S844		S845		S846		S847		S848		S849		S850		S851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The LX Speed Profile

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